

1. Grease and line a 20cm square cake tin with baking


parchment.

2. Put the dried fruit in a mixing bowl. Add the seeds,

oats and cereal, and mix well.

3. Put the butter and golden syrup in the saucepan. Cook

gently on the hob, stirring with the spatula, until the



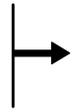
butter is



melted.

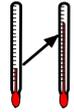


4. Remove



from

the



heat



and



pour

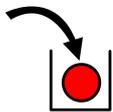
the



dry



ingredients



into

the



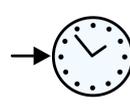
saucepan.



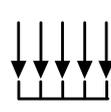
Mix



well



until



all

the



ingredients



are coated



with

the



syrup

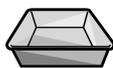


mix.



5. Fill

the baking tin



with

the mixture.



Use

the



spatula to

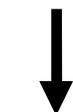


press

the



mix



down

evenly.



Bake



at

160C/140C



fan/gas

3



3 for 20 mins